

***Healthy tip of the month :**

Trying to make your diet healthy overnight isn't realistic or smart. Changing everything at once usually leads to cheating or giving up on your new eating plan.

Make small steps, like adding a salad (full of different color vegetables) to your diet once a day or switching from butter to olive oil when cooking. As your small changes become habit, you can continue to add more healthy choices to your diet.

Oasis Middle School - Lunch Menu – February 2017

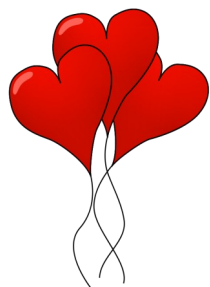
Milk is served
with every lunch.



Menu subject to
change.

Lunch \$3.25
Salad Combo \$3.25
Sandwich Combo
\$3.25

Breads/Buns are
whole grain rich.

**Sandwiches &
Salads will not be
made for Pizza
Day**



	Mon	Tue	Wed	Thu	Fri	Sat
	F Ham Sub Chef Salad			1 Hot Dog Potato Cubes Green Beans Hot Apples	2 Chicken Alfredo Broccoli Salad Apple	3 Cheese Pizza Cucumbers Salad Sidekick
	5 G Turkey Sub Chicken Salad	6 Cheese Calzone Cucumbers Salad Hot Apples	7 BBQ Grilled Ckn Baked Beans Sweet Potato Mandarin Orange	8 Cheeseburger Broccoli Tater Tots Orange	9 Chicken Nuggets Mac & Cheese Corn Cucumbers Apple	10 Cheese Pizza Sidekick Cucumbers Salad
	12 J Italian Sub Chef Salad	13 Chicken wings Baked Beans Spiral Potato Mandarin Oranges	14 Chicken Alfredo Broccoli Salad Apple	15 Grilled Ckn. Strips Rice Black Beans Plantain Lettuce / Tomato	Early Dismissal	
	19 O Ham Sub Chicken Salad	20 	21 Teacher In Service	22 Salisbury Steak Mashed Potato Corn Mandarin Orange Roll	23 Chicken Alfredo Broccoli Salad Apple Roll	24 Cheese Pizza Sidekick Cucumbers Salad
	26 C Turkey Sub Chef Salad	27 Breaded beef Steak Mashed Potato Broccoli Mandarin Orange Roll	28 Chicken Nuggets Spiral Potato White Beans Peaches	1 Corn Dog Mac & cheese Green beans Cucumbers Apple	2 Chicken Parmesan Hot Carrots Salad Apple	3 Cheese Pizza Sidekick Cucumbers Salad
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*Available online to make payments or check account balances: myschoolbucks.com

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